

KEYNOTE SPEAKER · FORMER PASTOR · MOM OF 5

LAUREN APPLE

 FOUNDER, PROFIT & PRESENCE CO.
CREATOR OF THE ROAD METHOD

*Permission to want both.
Your home is ministry.
Your business is ministry.*



Speaking Topics

The Beautiful Prison

SIGNATURE KEYNOTE · 45-60 MIN

Why successful businesses trap their founders — and how to get out.

The ROAD Method

WORKSHOP · 90 MIN

The four-step framework that rebuilds your business so it runs for you.

Stewardship, Not Sacrifice

KEYNOTE · 30-45 MIN

The theological case for Profit & Presence — and what biblical stewardship looks like for CEO parents.

Standards vs. Values

WORKSHOP · 60 MIN

Excellence as discipleship — the identity-level shift that lets you lead without legalism.

The Four Zones

INTERACTIVE · 60-90 MIN

Real-time diagnostic: Clarity, Capacity, Systems, Support — find where you're stuck.

Why Book Lauren?

Lauren doesn't just speak — she gives your audience **permission to want both**. With **10 years of pastoral ministry**, a multi-six-figure business she runs on a **4 PM hard stop**, and frameworks rooted in biblical stewardship, she delivers keynotes that are equal parts theological conviction, practical strategy, and grace.

Lauren Apple is a former pastor of a decade, keynote speaker, and the founder of **Profit & Presence Co.** — a coaching practice for faith-driven CEO parents who believe both their home and their business can be Kingdom work.

As the creator of the **ROAD Method** — a scripturally-anchored framework for scaling without sacrifice — Lauren helps founders escape what she calls *the Beautiful Prison*: the business that looks successful from the outside but has them trapped inside it. Anchored in Exodus 18 and stewardship theology, her message gives leaders permission to pursue both profit and presence.

A mom of five running a multi-six-figure company on a **4 PM hard stop every single day**, Lauren is living proof that God doesn't ask us to choose between calling and family. Whether she's delivering a signature keynote, leading a workshop, or coaching CEOs one-on-one, her thesis never changes: *permission to want. Both.*

Lauren's presentations are customizable for church conferences, women's retreats, leadership summits, and faith-driven business communities. Every engagement includes pre-event consultation and tailored audience takeaways.

10 Years
Pastoral ministry & teaching

E18 Anchored
Exodus 18 stewardship

5 Kids
4 PM hard stop, daily

6+ Figures
Kingdom-built company

THE ROAD METHOD

*The way out, in
order. Every
time.*

R

REMOVE

O

OPTIMIZE

A

AUTOMATE

D

DELEGATE